



Sherman Oaks Neighborhood Association

Notes From the President

Thanks to everyone who showed up for our January "off schedule" meeting. Following on the call to service theme of our new President's inauguration speech we all listed items we wanted to work on this coming year to improve our neighborhood. And, we agreed to help each other in these efforts. By supporting each other we will have a stronger voice, stronger ties with each other and a stronger neighborhood over all. Steve Kline volunteered to help organize our neighborhood "squeaky wheel" email program, so stayed tuned for further info on this.

With all that is going on, I do want to remind you of some important upcoming meetings that everyone needs to attend. These meetings need the voices of all our residents. Michael and I attended the recent Mayor's Neighborhood summit on the budget and submitted our ideas (Michael's were great!) on how to cut the structural budget deficit for the city by \$65million. While this was a great exercise, it was limited by the number of people who could attend. And, it's always eye opening to run into people who don't think outside their own neighborhoods and who are willing to cut services for somebody else because they either have the service or don't need it.

February 7 (Saturday) from 9am-noon Envision 2040. This meeting will be held at the Mexican Heritage Plaza at 1700 Alum Rock (at King). This will allow the community to work with task force members on issues like "where are we going to put 30,000 people in the next 20 years" that affect us directly. This task force has been advised that expansion of the downtown core is a necessity to develop the high density housing of the future. Our job is to make sure that our neighborhood isn't left out when it comes to ensuring parks, traffic calming and easy transportation are in place. Contact Andrew Crabtree at 535-7893 or andrew.crabtree@sanjoseca.gov for more info.

February 12 (Thurs) SONA general meeting: City of San Jose Heart Safe Initiative. The City of San Jose has initiated a program to make our city "Heart Safe". If you or your neighbors are at risk, what should you do? Come listen to and talk with Captain Jose Chavez, SJFD at our general meeting. Agenda page 1.

February 14 (Saturday) from 9am-noon D6 Leadership. This group will meet at the Westminster Church Library on the Alameda. Residents from around the district will be working on common themes of neighborhood preservation, business revitalization, traffic and public services. Contact Randi or Michael for more info.

February 28 (Saturday) from 8am-1pm Moorpark Tree Planting! After years and years, we are finally going to plant trees along Moorpark. Working with Our City Forest other neighborhoods we will be planting more than 30 15-gallon Live Oaks and securing them with large wooden poles. We need set up volunteers at 8am and tree planting volunteers at 9am. Tree planting volunteers must be on site at 9am for a short training. We expect to be done by noon with lunch afterward. Children under 18 cannot participate so we need volunteers to help keep kids busy, help with food (obtain, prep and serve), and a clean up crew at noon. We will be planting on both sides of Leigh. We must have a minimum number of volunteers signed up in advance. Contact Michael. This is a rain or shine event.

Looking forward to seeing you at the meetings and events.....Randi

**SONA
General Meeting
Thursday
February 12, 2009**

6:30pm
Coffee and Social Time

7:00pm
Welcome

7:05pm
SJPD (if available)

7:10pm
City of San Jose Heart Safe City Initiative
Presented by Captain Jose Chavez, SJFD

8:00pm Adjourn
Sherman Oaks Neighborhood Association meetings are held on the second Thursday of each month at the Sherman Oaks Community Center, 1800A Fruitdale Ave. SJ CA 95128

Stay Warm

With the cold season here, there is no need for you or anyone you know to suffer. There are warming stations open (free) in community centers around the city. For a location call the 24 hour city hotline 535-3500. Make sure you or someone you know is protected.

Notes and News

Carbon Monoxide (CO) Poisoning CO is a deadly gas that is difficult to detect because it is odorless and invisible. As a result, it is known as “the silent killer.” According to the CDC, 450 people die and nearly 21,000 CO exposures occur each year. CO is produced by fuel-burning appliances and equipment in our homes. If you have heating, cooking or power equipment that uses fuels such as oil, natural gas, coal, wood, propane, gasoline, etc., then your home is at risk for potential CO poisoning. Homes with attached garages are also at risk, because vehicles left running in the garage can cause CO to seep into the home. CO poisoning can be prevented by proper care and use of household equipment. CO alarms can provide early detection if CO leaks or accumulation occurs. Both are important for your safety.

- If you suspect CO poisoning in your home, call the appropriate responding agency, usually your local fire department or 9-1-1. Keep all emergency response numbers posted by every telephone.
- CO alarms are different from smoke alarms, and have different functions. CO alarms do not provide early warning of a fire. Smoke alarms do not provide early warning of CO exposure. Your home needs both CO and smoke alarm protection.

Symptoms of CO poisoning are similar to symptoms of the flu, and can include headache, dizziness, nausea and shortness of breath. To distinguish between symptoms of flu and CO poisoning - if you feel better after leaving home and then worse again when you return, it may be CO exposure causing the symptoms. If your CO alarm sounds check to see if it is plugged in properly, or if battery-powered, check the battery to be sure the device is operating. If you suspect that CO is leaking in your home, follow these steps:

- Open windows and doors to ventilate the rooms, or in severe cases of CO exposure, evacuate the home.
- Call to report that you suspect CO is accumulating. Usually the appropriate agency to call is the fire department or 911.
- Seek immediate medical treatment for anyone who has severe symptoms.

Follow the advice of the responding agency before re-entering your home, and quickly obtain repairs as needed.

Renewing Members

Thanks to our renewing members! Peggy & Sal LaBarbera, Scott & Deb McQueen, Steve Kline & Layne Kulwin, Betty & Charles Slater, Nancy & Bob Maddoux

SONA dues help pay for meeting expenses, our website and our newsletter. As a grassroots operation, we depend on dues and donations for revenue. It's not too late to support SONA by sending in dues or donations.

PRESIDENT, Randi Kinman	835.2881	randikinman@yahoo.com
ADMINISTRATIVE VICE PRES, Marlene Bird	288-9727	mbird@cbtnorcal.com
SECRETARY, Nancy Moritz	993-1059	
TREASURER, Michael LaRocca	564-2374	mlrool@yahoo.com
BOARD MEMBER, Sheila Cvitanich	292-2690	
BOARD MEMBER, Jussi Rajna	291-0202	
BOARD MEMBER, Lisa Steingart	666-3287	
Website Administrator, Patrick Solmon	287-8795	
Website	www.sona-sj.com	

SONA's newsletter is published monthly and distributed to almost 1500 residences. It is partially funded by a City of San Jose CAP Grant. All ad copy is due by the 15th of each month. Our all-volunteer group welcomes your participation and comments.

SONA Newsletter Editor: Randi Kinman
SONA Website Administrator: Patrick Solmon

Fireside Coffee

Bring this ad in for a free beverage of your choice. Offer expires March 5, 2009

Must bring in the SONA newsletter with the ad intact.

We are here in your neighborhood to provide you with the best of specialty coffees, bagels, pastries, sandwiches and juices at a modest price!

Also, free Wifi, a real fireplace, and a private patio.

We are located in the Immanuel Lutheran complex at the corner of Leigh and Moorpark.

**Look for the signs to the coffee house.
(we are between the two large buildings)**

Hours of operation: 7:00-7:00 Monday-Friday and Sundays 11:30-1:00

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mattress call Shane at 408 497-9529**

Be sure to mention the SONA ad

Your Ad Here

Reach 1500 households by advertising with SONA. You help support your neighborhood association and get front door delivery. See our website for ad rates

Dog Found!

Our lost dog ad last month had a happy ending with a family reunited with a severely injured pet.

READ ACROSS AMERICA

Sherman Oaks Community Charter Elementary will be hosting a series of Read Across America events during the week of March 2nd. Read Across America is celebrated nationally to recognize and commemorate Dr. Seuss' birthday (March 5th). The reading activities are numerous so require many volunteers and donations. Think you might have time to help? Great! We need:

- Recess readers daily from March 2nd to March 6th. Readers need to arrive at Sherman Oaks by 9:40 and sign in. Books will be supplied but readers are welcome to bring their own favorites to share. As we are celebrating Dr. Seuss' birthday we ask readers to wear a Dr. Seuss hat (which will be provided) although this is optional. The reading at recess is *very* casual with readers simply going out to the courtyard and finding a comfy spot and start reading. Children quickly recognize readers (especially those wearing Dr. Seuss hats :-)) and gather around to enjoy the story. When the bell rings the reader quickly passes out stickers (which are provided) and the students scurry back to class. Total commitment time 25 minutes (9:40 to 10:10) although reading only occurs during recess (9:45 to 10am). Readers in both English and Spanish are welcome.

Donations of new or gently used books for our daily book giveaway. To give you a better picture, all teachers receive a Dr. Seuss hat with the name of their students inside. Each day the teachers pick winners (which varies according to the number of books we receive). Lucky recipients come to the office at recess to pick out a book and enjoy a healthy snack. For Info Contact-Cyndi at (408) 309-390